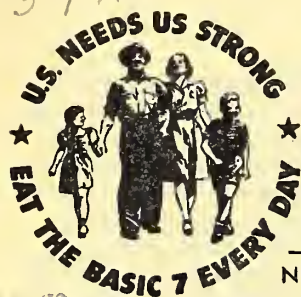


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# NUTRITION

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## News Letter

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### FOODS CONSUMED IN SCHOOL LUNCHES

"Of 30 million or so children in the country aged 5 to 17, 6.9 million in 48,000 schools were in the School Lunch Program this year. These children consumed approximately \$200 million worth of food this year, most of which the schools themselves purchased locally on the open market. Just imagine what this means from the standpoint of nutrition. It means that school children drank more than 200 million quarts of milk this year. In a single day, 6 million half-pints of milk were consumed in the school lunch program--three times as much fluid milk as is used daily in the greater Washington milk marketing area.

"If every school in the program served meat on the menu tomorrow to fulfill protein requirements of a Type A lunch, it would take over half a million pounds.

"Of course, schools do not serve the same foods every day. The lunchroom offers an unusual opportunity for nutrition education. Children are taught to appreciate and prefer a wide variety of nutritious foods. Many of them are getting fresh fruits and vegetables for the first time through the School Lunch Program.

"During 1947-48 we bought some concentrated orange juice and distributed it to schools. The children liked it because it dressed up the meal and added some color and appealing flavor. Where it was distributed children got vitamin C in their diet 2 or 3 times a week through orange juice alone, not to mention what they got from tomatoes, cabbage, and other vitamin C-rich foods." (Excerpt from paper "Using the Food Consumed" read by H. C. Albin at the Nutrition Institute, April 1.)

### FOOD AND NUTRITION BOARD MEETING

At its 34th meeting, May 6-7, the Food and Nutrition Board of the National Re-

search Council reaffirmed its position favoring compulsory enrichment of corn products in those States where corn constitutes a substantial part of the diet. The Board also favors rice enrichment, but does not advocate compulsory enrichment since rice is not a significant dietary constituent in the United States except among isolated population groups.

The Board stated that it does not object to addition of vitamins to milk in reasonable amounts for special purposes, provided the practice encourages the consumption of milk and does not increase the cost or reduce the availability of milk or its products to those who need it most.

### MORE STATES REQUIRE ENRICHMENT OF WHEAT AND CORN

Ohio, Nebraska, and Colorado recently enacted legislation requiring enrichment of wheat flour and bread. Altogether 26 States as well as Hawaii and Puerto Rico have passed laws to this effect.

On April 6 the Governor of South Carolina signed a bill providing for enrichment of corn meal and corn grits.

### FOCUS ON VITAL FOODS FOR VIGOROUS LIVING

"Milk, leafy green and yellow vegetables, vitamin C foods, and high-quality protein foods--these are the foods people should eat in greater quantities than they do." So said Dr. C. G. King, Scientific Director of the Nutrition Foundation, at the Nutrition Institute on March 30.

This does not mean that other food groups on the Basic 7 chart are less important; it does mean that many people habitually eat too little of these four groups. Dietary surveys show this to be true throughout the country. At the same time scientific studies give increasing evidence of benefits to be gained from eating abundant amounts of the nutrients these foods provide.



# NUTRITION PLANNING COMMITTEE NOTES

What to do with the wealth of subject matter that came out of the Nutrition Institute occupied members' attention at both the April and May meetings of the Interagency Nutrition Planning Committee. They felt that the summary of the proceedings in the June NNL and the list of references sent with it gave as much coverage as could be provided for the Institute.

However, certain facts were presented which need emphasis in all nutrition programs. Members agreed that—  
..Nutrition teaching should focus on the foods most apt to be short in meals—milk, green and yellow vegetables, vitamin C foods, and high-quality protein foods—as Doctor King and others recommend.

..The reasons for using iodized salt should be publicized.

..The dangers of overweight and underweight and the prevalence of both makes "good weight" a subject of urgent importance.

The committee discussed the techniques used in conducting the conference and suggested points to consider if another institute were given. Among these were whom to invite, the kind and amount of publicity, the method of collecting written questions at the end of each talk, and the importance of ending a conference with an evaluation or summary.

Members of the committee contributed toward a chapter entitled "The Participation of Government Agencies in a Nutrition Program" for publication in the Eighteenth Yearbook of the Journal of Negro Education, published by Howard University.

*Esther A. Phipard*  
Chairman.

Milk is an outstanding source of calcium, riboflavin, and many other nutrients. Without milk or its products it is almost impossible to meet the daily calcium needs from food. Unless dark green leaves or yellow vegetables are included in diets they might easily be short in vitamin A value. Citrus fruits and tomatoes are important as dependable sources of vitamin C.

Build the day's meals around these groups. Provide 3 cups of milk or milk products for each adult; growing children and prospective and nursing mothers need more. Include generous servings of spinach, turnip greens, or other dark green leaves or of other green and yellow vegetables; a good helping of citrus fruit, tomatoes, or raw cabbage; and meat, poultry, fish, or eggs supplemented by dried beans, peas, and nuts. Round out the day's meals with at least two more servings of fruits and vegetables, with enriched or whole grain bread and cereals, butter or fortified margarine, and other foods as needed.

This focus on foods containing vital nutrients is necessary to insure diets that promote vigorous health.

## NEWS OF STATE COMMITTEES

TEXAS.—At the joint meeting of the State Nutrition Council and the Texas Home Economics Association on April 1 and 2 at Fort Worth, Mrs. C. G. Snyder of the Wheat Flour Institute gave "A New Look at Bread." In a talk "Taking the 'Di' out of Diabetes" K. F. Smith of the Dallas Diabetes Association emphasized the need for organizing groups, not only of those concerned with clinical aspects, but also of laymen. Dr. Ercel Eppright of Iowa State College described studies on "Nutrition and Food Habits."

A panel discussion on "The School Lunchroom in the Total School Program" brought out that the lunchroom is a community project and that parents, teachers, and pupils have responsibility to see that a well-rounded program is functioning. Many departments in the school can contribute. When bookkeeping students keep the books they realize that it is not possible to have steak every day. Homemaking classes plan meals based on what children really need, and assist with preparation. Faculty responsibility includes creating interest, integrating work, and setting patterns.

Workshops for school lunch managers and workers will be held in San Marcos from July 31 to August 6 and in Prairie View from August 22 to 24. One was held in Denton from June 20 to 25.

VIRGINIA.—Janet Cameron, chairman of the Virginia Nutrition Council, attended the Interagency Nutrition Institute here on March 30 and 31. She writes: "It was a wonderful demonstration of



much that a State nutrition council can do to coordinate a program and to keep its members informed. The tie-up between health, agriculture, and nutrition was clearly demonstrated."

At its March 18 meeting the council adopted as its purpose the promotion of better nutrition in the State of Virginia and "to serve as a clearing house for nutrition programs and promote a better understanding of the programs of all agencies, institutions, organizations, and associations represented on the Council."

The membership list is to be enlarged to include many civic organizations (men's and women's groups) interested in improving the nutrition standard of Virginia citizens. The Medical Society of Virginia and the Soil Conservation Service have already appointed delegates to the council.

CONNECTICUT.—On May 25 the Connecticut Nutrition Council held its second annual meeting in West Hartford. The executive committee had a short session before the meeting. Motion pictures and a business meeting open to all guests preceded dinner. Dr. Norman Jolliffe, former chairman of the New York City Food and Nutrition Committee, spoke after dinner.

When the Hartford Nutrition Committee offered to evaluate family food lists and give advice to individuals sending in the form "Tips on Trips to the Market" (March 1948 NNL) over 1,300 homemakers asked for the forms. Publicity had to be cut off after 3 weeks because this service was found to be too time consuming for the available personnel. Besides learning a lot about local food habits the committee now has evidence that the community needs and is ready to use a consultation service on nutrition and meal planning.

CHICAGO, ILL.—The school lunch conference on May 12 opened with an observation period and lunch in the lunchroom. During the afternoon talks were given on surplus foods, equipment, and common problems in school lunch programs.

"Diet in Hypertension" was the subject of a talk on April 26 at the meeting of the Chicago Nutrition Forum.

NEW HAMPSHIRE.—The State Nutrition Committee is resuming activity under the leadership of Helen Himman, according to Verna Payson, past chairman of the committee. A food workshop for institu-

tional workers was held in Grasmere, sponsored by the State Department of Health and the Nutrition Committee. All institutions in the State were represented by home economists, superintendents, physicians, county commissioners, matrons, cooks, chefs, stewards, dietitians, nutritionists, business managers, social workers, and purchasing agents.

Those attending the morning session separated into three groups to discuss (1) institutional buying, (2) menu planning, or (3) method of preparing food.

At luncheon Dr. J. S. Wheeler of the State Department of Health talked on the value of nutrition to health and the opportunity afforded institutions to promote good health. Summaries of the morning discussions were given by representatives of each group.

In the afternoon ways of varying basic recipes to add variety to menus were demonstrated.

NEW YORK CITY.—Harlem's sixth consecutive Food and Nutrition Week, held April 25-29, was sponsored by the District Nutrition Committee of Central Harlem. The slogan was "The Right Food for a Good Start." For adult groups emphasis was placed on the importance of a good diet during pregnancy, while for school children it was placed on a good breakfast. In addition to presenting programs and exhibits, the committee prepared a Special Bulletin on Breakfast. This contained suggestions for classroom activities. Topics for the week were "New Horizons for Community Nutrition," "Feeding the Family," "Getting the Family Off to a Good Start," and Comidas Nutritivas para la Familia.

The opening ceremonies of the Brooklyn Nutrition Clinic were held April 6.

The Chelsea Clinton Council held a meeting with the theme "How To Stretch the Food Dollar." The program included a discussion of how to buy and prepare better food for less money and two movies "The Main Dish" and "The Proof of the Pudding."

WEST VIRGINIA.—The State Nutrition Committee invited Dr. Bertlyn Bosley, formerly chairman of the North Carolina Nutrition Committee, to speak at its meeting on June 15 at Morgantown. Other speakers discussed "News in Nutrition," and "The Women's Club Looks at Breakfast." Members lunched at the School Lunch Workshop held at West Virginia University.

NEW YORK STATE.—The eleventh annual nutrition institute under the auspices of the New York State Nutrition Committee will be held July 19 and 20. The program will present recent findings in nutrition of interest to professional workers.

ILLINOIS.—The spring nutrition conference of the State nutrition committee was held May 6 and 7 at Springfield. Three topics during the afternoon covered "What's New in Nutrition," "The Economic Outlook for Food," and "Recent Nutrition Surveys in Newfoundland." The evening session was devoted to a consideration of "Food Processing in Relation to Nutrition." Saturday morning speakers discussed "Your Dollar and Your Diet," "Methods for a State-Wide Survey of Food Habits," and "Sanitation in the School Lunchroom."

A nutrition workshop sponsored by the committee in cooperation with the University of Illinois was held at the University June 5-10. Using the theme "Selling Good Nutrition in Your Community," the program provided information on recent developments in nutrition and considered some of the problems involved in carrying out a nutrition program in a community. Some of the general topics suggested by previous workshop participants were (1) how to recognize nutrition problems in a community, (2) how to organize a community nutrition program, (3) how to get community participation in a program, and (4) how to measure progress in a community program.

Chairman Marjorie P. Milner writes that the committee feels that a broad, long-range educational program through schools and through adult lay and professional groups is desirable and is working out details for such a program.

#### NEW MATERIALS

From the Superintendent of Documents, Government Printing Office, Washington 25, D. C.

Guiding Family Spending. USDA Misc. Pub. 661, 26 pp., March 1949. 15 cents.  
Motion Pictures of the United States Department of Agriculture 1949. Misc. Pub. 673, 53 pp., 1949. 15 cents.

From the National Research Council, 2101 Constitution Ave. NW., Washington 25, D. C.

Nutrition Surveys: Their Techniques and Value. NRC Bulletin 117, 1949. \$1.50.

From the United Nations Food and Agriculture Organization, 1201 Connecticut Ave. NW., Washington, D. C.

Balancing Food and People. Folder. Free.

Better Utilization of Milk. FAO Agr. Studies No. 7, 76 pp., March 1949. 75 cents.

FAO Bulletin. Monthly periodical.  
FAO in Films. 8 pp. March-April 1949. Free.

The Story of FAO. 21 pp., 1949. Free.  
Report of the 4th Session of the Conference Held in Washington, D. C., November 1948, 100 pp., 1949. \$1.00.


From the United Nations Department of Public Information, Lake Success, New York, N. Y.

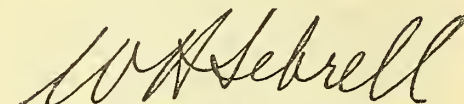
Battle for Bread. (Film) 16- or 35-mm., sound, b/w, 23 min., 1948.

From Science Service, 1719 N Street NW., Washington 6, D. C.

Food and People. First of a series of pamphlets sponsored by United Nations Educational, Scientific, and Cultural Organization for discussion groups. Contains two articles "The Double Crisis" and "The Way Out," 1949, 8 pp. 10 cents.

Sincerely yours,

  
M. L. Wilson, Chief  
Nutrition Programs

  
W. H. Sebrell, Consultant